



Two Hearts Yoga Studio Winter Schedule

January 2nd – March 31st, 2019

New classes, formats and times are in **bold**.

Classes marked with "D" are currently available by donation or class card.

See Website for Most Up-to-Date Class & Event Schedule



Monday	9:30 – 10:45am	*Iyengar Yoga Level 2 with Emilie. (*no class 2/18)
	12:00 – 1:15pm	Gentle Yoga with Barb.
	"series" 5:45 – 6:45pm	Yoga for Beginners 4 Wk Series w/ Marina. (Jan. 7 – Jan. 28. \$50. Register Online)
	7:00– 8:15pm	Yoga Level 1 with Marina. (Drop-ins welcome.)
Tuesday	9:30 – 10:45am	Ashaya Yoga Level 1-2 with Jane.
	5:30 – 6:45pm	Ashaya Yoga Level 2-3 with Jane.
	"D" 7:00 – 8:15pm	Ashaya Yoga Level 1-2 with Jane.
Wednesday	9:30 – 10:45am	Slow Flow Yoga with Nancy.
	"D" 12:00 – 1:15pm	Gentle Yoga with Nancy.
	5:30 – 7:00pm	Iyengar Yoga Level 1 with Emilie. (Drop-ins welcome.) (*no class 2/20)
	"D" 7:30 – 9:00pm	Zen Buddhist Meditation w/ Morningstar Sangha. <i>New participants please RSVP by noon to welcomesazen@gmail.com and arrive by 7:15pm. Meditation begins promptly at 7:30pm.</i>
Thursday	"D" 9:30 – 10:45am	Yoga Fusion Mixed Level with Jane. <i>Blends 20 minutes of flow style yoga with strength exercises using a variety of equipment. It also includes breathwork, meditation & a guided relaxation</i>
	"D" 5:30 – 6:45pm	Yoga Fusion Mixed Level with Marina.
	7:00 – 8:15pm	Yoga Stretch & Relax with Pamela. <i>This is a gentle-level 1 class.</i>
Friday	9:30 – 10:45am	Ashaya Yoga Level 1-2 with Marina.
	12:00 – 1:15pm	Gentle Yoga with Jane.
	"D" 5:30 – 6:30pm	Happy Hour Yoga (By Donation or \$5) Level 2-3 with Lana.
Saturday	10:30 – 11:45am	Ashaya Yoga Mixed Level with Jane.
	"free" 11:45 – 12:15pm	Kirtan: Devotional Chanting with Jane. <i>Everyone is welcome.</i>
	12:30 – 1:30pm	Yoga Stretch & Relax with Jane. <i>This is a gentle-level 1 class.</i>
Sunday	"D" 9:30 – 10:30am	Mindful and Mellow with Darren. <i>Explore yoga philosophy, gentle yoga and meditation.</i>
	11:00 – 12:15pm	*Hot Vinyasa Yoga with Connie. *See details below*
	"D" 4:30 - 6:00pm	Yoga: Focus on Alignment Mixed Level with Kitty.

♥ **Yoga for Beginners: 4 Week Series with Marina. Mondays 5:45-6:45pm (1/7 – 1/28/18).** We invite you to explore the practice of yoga. Begin by focusing on the alignment of the basic yoga postures in a safe, supportive environment. All who want to begin a yoga practice or refine their understanding are welcome. **Please pre-register at TwoHearts.net**

**Two Hearts hosts Hot Vinyasa Yoga with Connie Sundays at 11am. Please contact her at 210.248.8715 or visit www.connielozano.com for details/registration. Drop-ins are welcome!*